



Shrimp and Quinoa



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 asparagus spears fresh trimmed chopped
- ☐ 0.5 cup flat parsley italian chopped
- ☐ 1 tablespoon ginger root fresh minced
- ☐ 0.5 cup mushrooms fresh sliced
- ☐ 0.3 cup golden raisins
- ☐ 0.5 bell pepper green chopped
- ☐ 1 juice of lime juiced
- ☐ 2 tablespoons olive oil

- ☐ 1 cup quinoa uncooked
- ☐ 1 onion red chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound shrimp deveined peeled
- ☐ 1.5 cups water

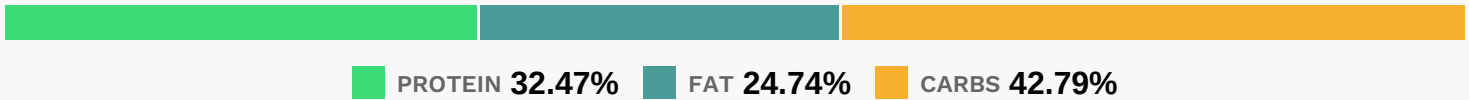
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large pot, bring the water to a boil, and stir in the quinoa. Cover, reduce heat to low, and simmer 15 minutes.
- ☐ Remove from heat, and set aside 10 minutes, or until all liquid has been absorbed.
- ☐ Heat 2 tablespoons olive oil in a skillet over medium heat, and saute the onion and green bell pepper until tender.
- ☐ Mix in the mushrooms, asparagus, raisins, and ginger, and continue cooking until asparagus is tender. Season with salt and pepper.
- ☐ Mix in the shrimp, and cook 5 minutes, or until opaque.
- ☐ In a large bowl, mix the quinoa with the lime juice and remaining 2 tablespoons olive oil. Toss with the skillet mixture and parsley to serve.

Nutrition Facts



Properties

Glycemic Index:51.17, Glycemic Load:4.83, Inflammation Score:-8, Nutrition Score:23.711739155909%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 2.75mg, Isorhamnetin: 2.75mg, Isorhamnetin: 2.75mg, Isorhamnetin: 2.75mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 9.54mg, Quercetin: 9.54mg, Quercetin: 9.54mg, Quercetin: 9.54mg

Nutrients (% of daily need)

Calories: 369.43kcal (18.47%), Fat: 10.4g (16%), Saturated Fat: 1.44g (9.03%), Carbohydrates: 40.47g (13.49%), Net Carbohydrates: 35.48g (12.9%), Sugar: 7.8g (8.66%), Cholesterol: 182.57mg (60.86%), Sodium: 343.73mg (14.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.72g (61.43%), Vitamin K: 138.77µg (132.16%), Manganese: 1.04mg (52.22%), Phosphorus: 487.06mg (48.71%), Copper: 0.86mg (43.13%), Magnesium: 141.26mg (35.31%), Vitamin C: 28.19mg (34.17%), Folate: 112.05µg (28.01%), Potassium: 816.77mg (23.34%), Iron: 3.9mg (21.66%), Zinc: 3.23mg (21.5%), Fiber: 4.99g (19.98%), Vitamin A: 878.53IU (17.57%), Vitamin B6: 0.35mg (17.46%), Vitamin E: 2.47mg (16.44%), Vitamin B1: 0.23mg (15.18%), Vitamin B2: 0.26mg (15.01%), Calcium: 125.82mg (12.58%), Vitamin B3: 1.64mg (8.21%), Selenium: 5.51µg (7.87%), Vitamin B5: 0.68mg (6.78%)